

The Eastern Shore Hospital Center Auxiliary (ESHC), The Hyatt Regency Chesapeake Bay Resort and Dorchester Lodge #223 IBPO Elks of the World are recognizing May as National Mental Health Month by sponsoring The Great Chesapeake Bay Wellness Race & Family Walk on Saturday, May 12, 2018. This event will directly benefit patients of the ESHC. It is being held on the beautiful River Marsh Golf Course track with registration at 7:00 A.M. and the race starting at 8:00 A.M. Entry fee is \$30.00 for advance registration and \$35.00 on Race Day. Entry fee includes race tee shirt, refreshments, awards, door prizes and delicious post-event breakfast.

**The ESHC Horticulture Therapy program will hold a patient-grown plant and flower sale. The ESHC Social Work Department will have an informational booth on Stress Reduction.**

**You can get involved by registering individually or as a team for the timed 10K race or untimed 5K walk/run or 1 Mile family walk, becoming a volunteer, or supporting the event as a sponsor. Sponsorship opportunities are available for the course, tee shirts, and the event itself. To register, become a sponsor, volunteer, or just ask questions about the Wellness Race, contact ESHC Volunteer Services at 410-221-2358, toll free at 1-888-216-8110, Extension 2358 or email [judith.slaughter@maryland.gov](mailto:judith.slaughter@maryland.gov) To register online, please visit [active.com](http://active.com) (search 21613). All proceeds will be donated to the ESHC Auxiliary, a totally volunteer 501©3 organization, whose sole purpose is to benefit the residents of the hospital.**